



April 2015

Weight-Loss Aid: Exercise



What contributes most toward dropping excess pounds is consuming a healthy diet. Exercise is also essential. It helps you lose weight faster, maintain your weight loss, and keep it under control.

Exercise goal: To aid weight loss and protect health, adults need at least 150 minutes of moderate intensity (such as brisk walking, taking the stairs) exercise per week.

- ◆ Any physical activity that gets you moving and raises your heart rate counts. **Bonus:** Being active throughout your day helps raise your calorie-burning rate.
- ◆ To stay aware of your goal, get a smartphone app to track your steps.
- ◆ Use an app to log activity— this helps you reach your weekly exercise target.
- ◆ Work up to 60 to 90 minutes of exercise most days of the week. Get your health care provider's OK if you're sedentary, obese or have a chronic condition.
- ◆ Fit in muscle-strengthening activities 2 to 3 times a week. **Bonus:** More muscle means more calories burned.
- ◆ Exercise adds energy, mobility and motivation to succeed with your weight-loss plan.

City Events

The "Can you Outsmart the Market" Challenge - Deferred Compensation

Wednesday, April 8 12 noon - 12:45 pm
SMT 4080

Purchasing a Home

Monday, April 13 12 noon - 1:00 pm
SMT 4050

Meeting the Challenges of Cancer

Wednesday, April 15 12 noon - 1:00 pm
SMT 4090

Supporting Family Members With Health Issues

Thursday, April 16 12 noon - 1:00 pm
Webinar

*Login: See future flyer

The "Can you Outsmart the Market" Challenge - Deferred Compensation

Tuesday, April 21 12 noon - 12:45 pm
SMT 4080

Getting More Joy out of Life: The Science of Happiness

Thursday, April 23 12 noon - 1:00 pm
Webinar

*Login: See future flyer

Free Blood Pressure Screening

Wednesday, April 29
Stop by between 10:30 am & 1:30 pm
SMT 4096

* Or, call Central Benefits at (206) 615-1340.

News & Notes

- **New Program - Weight Watchers for Diabetes:** In addition to meetings with Monthly Pass, get unlimited access and support with a dedicated Certified Diabetes Educator, a personalized food plan, and tips on diabetes.

Enroll at: wellness.weightwatchers.com;
Employer ID: 62344; Employee Passcode WW62344.

- **24-Hour Nurse Consultation:** Have a health-related question? Call a nurse any time. Employees and covered adult family members have access to nurse consultation by phone.

Aetna's Informed Health Line:
1-800-556-1555

Group Health Consulting Nurse Services:

Seattle 206-901-2244
Tacoma 253-596-3400
All other areas 1-800-297-6877



General Information

Take Charge! is a general guide to health benefits and healthy behavior. Contact your health care professional with your specific health care concerns.



Signs of a Drinking Problem?

Here are some ways to determine if you are drinking too much alcohol:

- If you drink more than a moderate amount (1 drink a day for women and 2 for men), you risk becoming addicted to alcohol.
- Are family, friends or coworkers concerned that you overindulge? They may identify a problem before you do.

Complete a self-assessment, such as the Alcohol Self-Test in the *Learn About Alcohol* section of www.ncadd.org.

If you miss work frequently, suffer from hangovers at work or are less productive than in the past, you may have an alcohol problem. If drinking has taken precedence over spending quality time with family and friends, or if it has caused health, safety, work, financial or legal problems, it's time to seek help. To learn more, go to www.cdc.gov/alcohol/.